

FITNESS LABS™

NUTRITION CORPORATION

October 25, 2000

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Linda S. Kahl, Ph.D.
Office of Special Nutritionals (HFS-450)
Center of Food Safety and Applied Nutrition
Food and Drug Administration
200 "C" St. S.W.
Washington, D.C. 20204

Dear Dr. Kahl:

Fitness Labs Nutrition Corporation wishes to notify the Food and Drug Administration that it has, within the past 30 days, commenced marketing a dietary supplement which bears a statement under Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act.

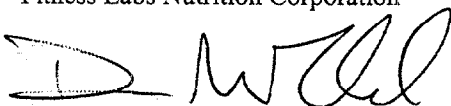
The dietary supplement for which the statement is made is 100% Whey Concentrate, Vanilla. The dietary ingredient that is the subject of the statements is Whey Protein Concentrate. The statements read as follows.

"This versatile, high protein, 3g carbohydrate, low fat, 130 calorie formula is ideal for any Health, Fitness or Strength program." "When to use: Upon rising when your muscles need protein (amino acids). Immediately after a workout if mixed with carbohydrates. Your body is most receptive to absorbing nutrients to build and repair muscles during this time." "Try 100% Whey for a leaner, healthier body."

These statements are accompanied by the required disclaimer which is prominently displayed in bold-faced type.

This information contained in this notice is complete and accurate and the above statement is based on data which renders these statements substantiated, truthful and non-misleading.

Sincerely,
Fitness Labs Nutrition Corporation



Daniel R. McFarland
President